

Seven Jumps

Calvin Campbell

Seven Jumps is a children's folk dance and a dance that has really stood the test of time. It should be in the tool kit of any leader who works with children from K-12. However, the dance has always been hard for me to explain to anyone who hasn't done or at least seen the dance.

I found an excellent demo of [the dance](#) on YouTube. It is done by some very flexible adults, and the dance is done correctly.

Also the dance is done to my favorite recording of Seven Jumps. The whole recording is played so you can see all of the actions and you get to hear all of the music. That's important because the music pauses change length and this increases the fun for the dancers.

I have also used this same dance occasionally with adults. Mostly during a stunt night. You have the adults go through the entire dance until they are kneeling on the floor with their foreheads touching the floor. Then you stop the music and have them repeat this little ditty line by line.

In My Heart
And In My Mind
I Know that I
Stick Out Behind.

The recorded music can be purchased from the [Lloyd Shaw Foundation](#) for 75 cents. [Click Here](#) for sample. [Written directions](#) can be found on the same website.